

FITNESS

To read more about our Fitness classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Cardio Sculpt ♥

The best way to rev up your metabolism is to combine cardio, core and resistance components to your workout. In this 50 minute class, we will alternate cardio drills with resistance training while focusing on your core strength and stability for that extra punch. Be prepared to lift weights, use resistance bands, and tone up your heart and body with intense cardio drills. If your goal is to drop a few pounds and firm up your muscles, this is the class for you. Show up and get ready to make some new friends, have fun and get in shape. Your instructor is a Certified Personal Trainer and Sports Nutritionist. All levels of fitness are welcome. Be sure to eat something light and nutritious 1-2 hours before class and bring water, a towel or a mat for floor exercises. Drop-ins \$10.

Stagecoach Community Center: Activity Room

Instructor: Michelle Szames **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37319	8:00-8:50am	Tu/Th	Jun 3-Jul 10	12c	\$75/\$85
37320	8:00-8:50am	Tu/Th	Jul 22-Aug 21	10c	\$62/\$72

Carlsbad Bootcamp ♥

Join us for a high intensity sports conditioning and cardio workout. All levels are welcome. Activities include warm-ups, jumping jacks, push-ups, sit-ups, lunges, squats, exercise drills, cool-down and stretching. You will feel worked out and alive! Eat something light and nutritious 1-2 hours before class and bring water and a towel. Drop-ins \$15.

Magee Park and Heritage Hall: Open Space

Instructor: Michelle Szames **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37321	9:30-10:30am	Tu/Th	Jun 3-Jul 10	12c	\$90/\$100
37322	9:30-10:30am	Tu/Th	Jul 22-Aug 28	12c	\$90/\$100

Gentle Yoga

Stretch into this gently challenging yoga class to discover a new you! All ages and body types will create more flexibility and vigor in muscles, bone and joints. A dancelike flow of yoga postures – standing, balancing and floor – will inspire your spirit, mind and body. Stress will melt away as you incorporate deep breathing into it all. New grace and ease will overflow from class into your life, as all levels balance and harmonize. Please bring a mat, an empty stomach and wear loose, comfortable clothing. Drop-ins \$10.

Calavera Hills Community Center: Activity Room

Instructor: Cynthia Collier **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37568	4:30-5:30pm	W	Jun 4-Jul 9	6c	\$49/\$59
37569	4:30-5:30pm	W	Jul 23-Aug 20	5c	\$41/\$51

37570	5:15-6:15pm	Th	Jun 5-Jul 10	6c	\$49/\$59
37571	5:15-6:15pm	Th	Jul 24-Aug 21	5c	\$41/\$51

Stagecoach Community Center: Activity Room

Instructor: Cynthia Collier

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37572	6:00-7:15pm	F	Jun 6-Jul 11	5c	\$41/\$51
37573	6:00-7:15pm	F	Jul 25-Aug 22	5c	\$41/\$51

Jacki Sorensen's Aerobic Dancing ♥

This class is based on the Jacki Sorensen style of aerobics. Dance and tone your way to fitness with a Jacki Sorensen certified instructor. Simple dance routines choreographed for fun (and for the non-dancer, too). Choose your own level. Vertifirm 'standing floorwork' burns more calories. Hand/ankle weights optional. Please bring a mat or towel. Athletic shoes required. Instructor has a B.S. in kinesiology. Participants may choose a 2 day or 3 day session as desired on Monday, Wednesday and/or Friday.

Harding Community Center: Recreation Hall

Instructor: Frances Walters

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37309	8:15-9:15am	M/W	Jun 2-Jul 16	14c	\$48/\$58
37310	8:15-9:15am	M/W	Jul 21-Aug 20	10c	\$48/\$58

Harding Community Center: Recreation Hall

Instructor: Frances Walters

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37307	8:15-9:15am	MWF	Jun 2-Jul 18	20c	\$72/\$82
37308	8:15-9:15am	MWF	Jul 21-Aug 22	15c	\$72/\$82

Jazzercise ♥

Jazzercise is a 60-70 minute, total body workout which lifts your spirits while conditioning your body. Class includes a warm-up, an aerobic segment, muscle toning and a stretch cool down. Join us today – it's your fun way to fitness! Your one month fee allows you to attend any and all classes listed per calendar month. Drop-ins \$10. Bring a mat and weights.

Stagecoach Community Center: Activity Room

Instructor: Lori Massey

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37313	9:00-10:15am	MWF	Jun 2-30	17c	\$38/\$48
	9:00-10:15am	Sa			
37314	9:00-10:15am	MWF	Jul 2-30	15c	\$38/\$48
	9:00-10:15am	Sa			
37315	9:00-10:15am	MWF	Aug 1-22	13c	\$38/\$48
	9:00-10:15am	Sa			

Pilates ♥

Pilates Matwork

A beginning level class, introducing the Pilates method – a body conditioning system that focuses on the support and strengthening of what is referred to as the ‘Power House’ or ‘Core’ of the body – sleek and functionally strong abdominal muscles, supple and supportive back muscles, and shoulder girdle stability. Building flexible strength within the center of the body, not only results in muscles that appear longer and leaner, but also improves posture, helps prevent back problems and reduces the risk of injury in all life’s activities. Regardless of your age or current fitness level, you will be able to successfully participate in this class. You will need to bring your own mat to class.

Harding Community Center: Recreation Hall

Instructor: Sally Pawoll **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37183	6:40-7:40pm	Tu	Jun 3-24	4c	\$22/\$32
37184	6:40-7:40pm	Tu	Jul 29-Aug 19	4c	\$22/\$32
37185	6:40-7:40pm	Tu	Aug 5-19	3c	\$16 ⁵⁰ /\$26 ⁵⁰

Pilates with a Stretch

Join us in our quest for longer leaner muscles, core strength and stability, fitness and flexibility. This class is easy on the joints and customized for the beginner to the elite athlete. As an added bonus there will be lots of stretching to increase range of motion, elongate muscles and prevent injuries. To expand your results, emphasis will be placed on proper form, breathing and technique. If your goal is to feel and look better, get stronger and improve posture, this is the class for you! Please bring water and a towel. Wear loose comfortable clothing. Drop-ins \$5. Drop in tickets can only be purchased Monday through Friday from 8am to 4pm.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37174	6:00-7:00pm	W	Jun 4-Jul 9	6c	\$24/\$34

Pi-Yo ♥

Pilates and Yoga is the perfect combination of modern and ancient mind, body and core strength. Each discipline has its own postures, power moves and principles. Together they will help to create a tremendous energy from within. Our focus will be on balance, attention and deep muscle work, to build strength, control flexibility and harmony in the mind and body. Each participant will learn to modify and adapt the moves according to personal ability and level. Please bring a towel, yoga mat and water bottle. Wear loose comfortable clothing. Drop-ins \$6.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37171	6:00-7:00pm	M	Jun 2-Jul 7	6c	\$28/\$38

Activities and classes with ♥ offer a health and wellness benefit to the participant. See page 30 for more information.

Relax! Rejuvenate! With Qigong Workshop ♥

Relax! Rejuvenate! With Qigong. Increase your energy, reduce stress, and strengthen your immune system. Benefit from deep relaxation techniques, and enjoy gentle, fluid, easy to follow exercises that invigorate your entire body and mind through a deepened awareness of your vital energy. ‘Qigong’ has been clinically proven to improve overall health and well being with a stunning 95% success rate. Students may stand and/or sit in a chair during class. CD, DVD and videos available. All welcome.

Calavera Hills Community Center: Activity Room

Instructor: Fay McGrew **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37932	9:00am-12:00pm	Sa	Jul 19	1c	\$25/\$35

Tai Chi ♥

Beginning

Tai Chi is useful in preventing arthritis, Parkinson’s disease, relieving stress, improving balance, and improving bone density. It is extremely beneficial to quiet the mind. Master John Page and co-teachers, Jessica Lee and Lei Kang, will provide instruction in the basic 10 postures of Tai Chi. Students will notice that they have gained a better sense of balance and their stress levels should have decreased noticeably.

Calavera Hills Community Center: Activity Room

Instructor: John Page **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37324	7:30-8:00pm	W	Jun 4-25	4c	\$20/\$30
37325	7:30-8:00pm	W	Jul 2-30	5c	\$20/\$30
37326	7:30-8:00pm	W	Aug 6-20	3c	\$20/\$30

Intermediate

Students that have completed the Tai Chi – Beginning class for one month will be allowed to join the Intermediate class. In these classes, we will continue the forms up to 30 postures. The student’s goal will be to perform postures and their form resembling real Tai Chi both in principle and in practice. Students will also learn 10 forms of standing meditation, which includes 2 to 3 postures of moving meditation, plus 5 animal form stretching exercises.

Calavera Hills Community Center: Activity Room

Instructor: John Page **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37329	7:30-8:30pm	W	Jun 4-25	4c	\$30/\$40
37330	7:30-8:30pm	W	Jul 2-30	5c	\$30/\$40
37331	7:30-8:30pm	W	Aug 6-20	3c	\$30/\$40

Advanced with Sword

Students have completed at least 6 months, or upon Master John’s invitation, will be allowed to take the Tai Chi Advanced class. We will continue with the forms and posture of the Southern Wu style, completing the full 108 postures with corrections. In addition, we will learn the 128 posture Wu style sword form of the 2nd-generation sword master Wu Nan. Advanced students will prepare for competition at the San Diego

and Berkeley International GRand Championships. Advanced Tai Chi students are expected to assist in the Beginning and Intermediate classes.

Calavera Hills Community Center: Activity Room

Instructor: John Page **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38016	7:00-9:00pm	W	Jun 4-25	4c	\$45/\$55
38017	7:00-9:00pm	W	Jul 2-30	5c	\$45/\$55
38018	7:00-9:00pm	W	Aug 6-20	3c	\$45/\$55

Yoga ♥

Beginner/Intermediate

This is an active, moving Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice. In addition to stretching and strengthening your muscles, joints, and spine, practicing Yoga improves your coordination and balance. You will learn breathing techniques that will nourish your brain, reduce your stress level, and improve your ability to concentrate – but one of the greatest benefits is the feeling of calm and wellbeing that comes over you after a practice. No previous yoga experience necessary. You will need to bring your own yoga mat to class.

Harding Community Center: Recreation Hall

Instructor: Sally Pawoll **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37297	5:30-6:30pm	Tu	Jun 3-24	4c	\$24/\$34
37298	5:30-6:30pm	Tu	Jul 1-29	5c	\$30/\$40
37299	5:30-6:30pm	Tu	Aug 5-19	3c	\$18/\$28
37300	6:00-7:00pm	Th	Jun 5-26	4c	\$24/\$34
37301	6:00-7:00pm	Th	Jul 3-31	5c	\$30/\$40
37302	5:30-6:30pm	Th	Aug 7-21	3c	\$18/\$28

Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. This is an active moving Yoga class which offers a balance between strength, flexibility and relaxation. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice, plus a selection of Pilates matwork exercises, designed to improve spinal stability, posture, and abdominal strength. Both Yoga and Pilates are mind/body exercise systems that emphasize the importance of breathing. No previous Yoga or Pilates experience is necessary. Please bring a yoga mat.

Senior Center: Auditorium

Instructor: Sally Pawoll **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37186	6:00-7:00pm	M	Jun 2-30	5c	\$30/\$40
37187	6:00-7:00pm	M	Jul 7-28	4c	\$24/\$34
37188	6:00-7:00pm	M	Aug 4-25	4c	\$24/\$34
37189	6:00-7:00pm	W	Jun 4-25	4c	\$24/\$34
37190	6:00-7:00pm	W	Jul 2-30	5c	\$30/\$40
37191	6:00-7:00pm	W	Aug 6-27	4c	\$24/\$34

MARTIAL ARTS

To read more about our Martial Arts classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Karate-JKA Shotokan ♥

Adult

Introduces adult students to the physical and psychological benefits of an authentic martial-art training environment. Participants learn basic karate techniques and concepts for self defense that build strength, coordination and flexibility. Special emphasis is placed on increasing physical, mental and emotional endurance as students improve their self-discipline and confidence, along with developing strategies to reduce stress and deal with conflict.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37792	6:00-7:00pm	W: R	Jul 2-Aug 20	15c	\$96/\$106
	11:00am-12:15pm	Sa: A			

Adult: Advanced

Students work towards developing their mastery of the basic techniques, while continuing to learn a more sophisticated range of techniques, forms, and principles. Our unique social skills focus includes: etiquette, social awareness, risk assessment, verbal and nonverbal communication strategies and the effective use of body language. PLEASE NOTE: An additional seminar will be scheduled for senior advanced students on Saturdays from 2-5 p.m. once every 6 weeks. Dates TBA by the instructor.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37795	4:45-6:15pm	M: A	Jul 2-Aug 20	22c	\$120/\$130
	5:30-7:00pm	W: R			
	10:00am-12:15pm	Sa: A			

Youth: Beginning

Introduces students to basic karate techniques and forms for self defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying. Children younger than 7 may be able to register with instructor approval only.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis **Age: 7Y - 12Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37798	4:00-4:45pm	M: A	Jul 5-Aug 23	15c	\$96/\$106
	8:30-9:30am	Sa: R			